

FAO

粮农组织

## 食物平衡表

Food  
balance sheetsBilans  
alimentairesHojas de balance  
de alimentos

1999-2001年平均值

1999-2001 average

Moyenne 1999-2001

Promedio 1999-2001

联合国  
粮食及  
农业组织  
2003年, 罗马

FOOD  
AND AGRICULTURE  
ORGANIZATION  
OF THE  
UNITED NATIONS  
Rome, 2003

ORGANISATION  
DES NATIONS UNIES  
POUR  
L'ALIMENTATION  
ET L'AGRICULTURE  
Rome, 2003

ORGANIZACIÓN  
DE LAS  
NACIONES UNIDAS  
PARA  
LA AGRICULTURA  
Y LA ALIMENTACIÓN  
Roma, 2003

# MÉXICO SUMINISTRO DE ALIMENTOS POR PERSONA

	1969-1971	1974-1976	1979-1981	1982-1984	1985-1987	1987-1989	1989-1991	1992-1994	1996-1998	1999-2001
Población (en miles)	50604	59082	67552	72346	77011	80108	83227	87970	94268	98865
KILOGRAMOS/AÑO										
Cereales - Exc Cerveza	167.9	168.8	175.0	180.1	179.7	181.0	179.2	178.9	173.8	176.5
Almidón de Raíces	12.0	11.9	13.8	12.8	11.9	11.7	13.6	13.3	13.9	16.6
Azúcar y Dulcificantes	36.7	43.2	47.1	44.8	46.6	46.9	50.9	50.8	49.1	48.8
Tubérculos	17.0	15.2	21.3	17.9	16.2	12.4	13.8	13.1	15.1	12.5
Nueces y Semillas Oleag.	4.0	3.4	3.9	3.5	3.1	2.4	2.7	2.6	3.4	4.1
Hortalizas	27.9	31.8	42.0	46.0	45.8	49.1	52.9	49.2	52.9	59.7
Frutas - Excluso Vino	78.9	83.5	93.7	105.3	99.7	96.6	92.6	100.6	104.9	112.8
Carnes y Despojos	27.2	33.2	41.6	45.7	44.2	42.5	42.0	48.6	52.2	60.5
Huevos	5.7	6.1	8.1	8.6	10.4	11.4	11.2	12.0	12.2	15.4
Pescado y Frutos de Mar	4.0	4.5	11.1	10.6	10.2	10.8	11.7	11.2	10.2	8.9
Aceites y Grasa	7.2	7.9	10.0	12.9	12.3	12.3	12.0	12.9	13.4	11.3
Espicias	0.4	0.5	0.5	0.6	0.6	0.9	1.0	1.2	1.0	0.9
Estimulantes	2.2	1.8	1.8	1.4	1.6	2.4	2.5	2.2	1.6	1.5
Leche - Excl Mantequilla	78.4	102.6	119.7	105.4	105.8	94.7	94.2	106.9	100.0	111.5
Bebidas Alcohólicas	28.5	35.0	41.5	38.2	36.6	41.5	47.4	49.6	49.3	51.3
CALORÍAS (NÚMERO/DÍA)										
Gran Total	2649.2	2799.7	3118.1	3204.9	3129.1	3074.4	3091.2	3135.1	3127.2	3151.6
Productos Vegetales	2324.8	2379.8	2592.3	2672.6	2619.6	2586.3	2612.1	2614.6	2607.0	2571.2
Productos Animales	324.4	419.9	525.8	532.2	509.5	488.1	479.0	520.5	520.1	580.5
Cereales - Exc Cerveza	1450.6	1436.5	1476.7	1527.5	1498.6	1498.6	1468.8	1455.7	1435.4	1455.0
Almidón de Raíces	25.1	23.9	26.2	24.3	22.5	22.1	25.5	24.8	25.7	30.5
Azúcar y Dulcificantes	357.9	421.0	459.2	437.0	454.7	457.6	496.0	492.2	474.6	471.4
Tubérculos	163.6	146.4	203.2	170.8	154.5	118.4	132.1	126.1	145.4	120.4
Nueces y Semillas Oleag.	37.5	28.9	29.1	31.3	22.6	20.1	23.1	23.6	31.2	39.0
Hortalizas	17.3	19.3	26.1	30.2	30.4	31.1	33.9	31.8	35.3	39.3
Frutas - Excluso Vino	84.0	88.5	97.5	112.1	108.3	104.7	98.9	107.4	103.4	109.5
Carnes y Despojos	147.9	192.5	246.9	269.3	229.9	207.9	201.0	228.7	242.1	280.0
Huevos	20.5	22.2	29.4	30.9	37.8	41.1	40.4	43.3	44.3	55.7
Pescado y Frutos de Mar	7.5	7.5	19.5	18.7	17.8	19.2	20.2	20.2	19.2	17.1
Aceites y Grasa	178.9	189.9	239.3	309.4	293.4	288.2	280.3	298.3	315.2	267.2
Espicias	3.5	4.2	4.4	5.0	5.1	7.6	8.3	9.8	9.0	8.1
Estimulantes	3.6	3.1	3.1	2.6	2.9	4.4	5.8	6.1	4.2	5.1
Leche - Excl Mantequilla	119.5	159.7	182.2	160.6	154.4	140.7	140.2	154.5	148.1	165.7
Bebidas Alcohólicas	39.4	46.1	54.9	53.7	49.4	56.4	65.6	65.5	60.2	60.4
PROTEÍNAS (GRAMOS/DÍA)										
Gran Total	70.1	72.9	84.9	85.1	83.1	80.6	80.9	83.8	84.9	88.9
Productos Vegetales	50.7	49.2	54.3	54.4	52.2	50.6	50.9	50.4	51.2	50.8
Productos Animales	19.5	23.8	30.5	30.8	30.9	30.1	30.0	33.4	33.8	38.1
Cereales - Exc Cerveza	37.4	36.9	37.8	39.2	38.5	38.5	37.8	37.6	37.0	37.5
Almidón de Raíces	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5
Azúcar y Dulcificantes	-	-	-	-	-	-	-	-	-	-
Tubérculos	8.9	8.0	11.7	9.9	8.9	7.0	7.7	7.3	8.3	6.9
Nueces y Semillas Oleag.	1.2	0.8	0.9	1.0	0.6	0.6	0.7	0.8	1.0	1.3
Hortalizas	0.7	0.8	1.1	1.2	1.3	1.3	1.4	1.4	1.5	1.7
Frutas - Excluso Vino	1.3	1.4	1.5	1.7	1.6	1.5	1.5	1.6	1.6	1.7
Carnes y Despojos	9.8	11.8	14.6	16.1	15.9	15.5	15.3	17.5	18.5	21.3
Huevos	1.6	1.7	2.2	2.4	2.9	3.1	3.1	3.3	3.4	4.3
Pescado y Frutos de Mar	1.1	1.1	3.0	2.9	2.7	2.9	3.1	3.1	3.0	2.6
Aceites y Grasa	1.3	1.0	1.0	1.2	0.8	0.9	1.1	1.2	1.4	1.5
Espicias	0.2	0.2	0.2	0.2	0.2	0.3	0.4	0.4	0.4	0.3
Estimulantes	0.4	0.3	0.3	0.3	0.3	0.4	0.5	0.4	0.3	0.3
Leche - Excl Mantequilla	6.9	9.2	10.7	9.4	9.4	8.4	8.4	9.5	8.9	9.9
Bebidas Alcohólicas	0.2	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4
GRASAS (GRAMOS/DÍA)										
Gran Total	57.6	65.9	79.2	88.8	85.0	82.7	80.8	84.9	87.2	86.6
Productos Vegetales	34.6	35.7	41.9	49.7	48.4	47.6	46.5	48.1	50.2	45.4
Productos Animales	23.0	30.2	37.4	39.1	36.5	35.2	34.3	36.8	37.0	41.2
Cereales - Exc Cerveza	13.4	13.0	13.1	13.3	13.6	13.7	13.3	12.9	13.1	13.3
Azúcar y Dulcificantes	-	-	-	-	-	-	-	-	-	-
Tubérculos	0.8	0.8	1.1	0.9	0.8	0.6	0.7	0.7	0.7	0.6
Nueces y Semillas Oleag.	3.3	2.6	2.6	2.7	2.0	1.8	2.0	2.1	2.7	3.4
Hortalizas	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3
Frutas - Excluso Vino	0.6	0.7	0.9	0.9	1.0	0.9	1.0	1.0	1.0	1.0
Carnes y Despojos	11.7	15.7	20.4	22.2	17.9	15.6	14.9	17.0	18.0	20.9
Huevos	1.4	1.5	1.9	2.0	2.5	2.7	2.7	2.9	2.9	3.7
Pescado y Frutos de Mar	0.3	0.3	0.7	0.7	0.7	0.7	0.7	0.8	0.7	0.6
Aceites y Grasa	19.0	20.4	26.0	33.8	32.2	31.5	30.4	32.3	34.1	28.7
Espicias	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2
Estimulantes	0.1	0.1	0.1	0.1	0.1	0.2	0.3	0.3	0.2	0.3
Leche - Excl Mantequilla	6.4	8.6	9.0	8.3	7.7	7.2	7.2	7.9	7.9	9.0